



COVID-19 Quarantine Guidance

****This Quarantine Guidance packet is strictly used to provide guidance via the Clark County Health Department website. This Quarantine Guidance packet is not to be used for official quarantine needs for individuals for school, work, etc, who were recently exposed to COVID-19.****

The Clark County Health Department (CCHD) is using this information packet to provide education, resources, etc., on what to do now that you have been exposed to COVID-19. After reviewing this packet, if you have any questions regarding your quarantine, **please call the CCHD at (715) 743-5105, and select 9 for the COVID-19 line.**

The CCHD uses the policies, procedures, protocols, and guidelines put into place by the Wisconsin Department of Health Services (DHS) and the Centers of Disease Control and Prevention (CDC). These policies, procedures, protocols, and guidelines can change at any time. The CCHD cannot be less strict than the policies, procedures, protocols, and guidelines set forth by these guiding entities, medical professionals, and health experts.

If you are receiving this packet, **you have to quarantine after being exposed to COVID-19** because you have **NOT** met any of the criteria below.

- Vaccinated with Pfizer:
 - Completion of the 2 dose primary series within the last 5 months for those aged 18+.*
 - Completion of the 2 dose primary series, and have not received a booster.
 - Completion of the 2 dose primary series for those aged 5-17.
- Vaccinated with Moderna:
 - Completion of the 2 dose primary series within the last 5 months.*
 - Completion of the 2 dose primary series, and have not received a booster.
- Vaccinated with Johnson & Johnson (Janssen):
 - Completion of the 1 dose primary series within the last 2 months.*
 - Completion of the 1 dose primary series, and have not received a booster.
- *Completion of a primary series = 2 full weeks since receiving last primary series dose.

Quarantine Period

You should not leave your home (including not going to work, school, or public areas, etc.). Further instructions include:

- Monitor for any symptoms (even mild) of COVID-19 through Day 10.
 - Test as soon as able if symptoms develop.
- Recommended to test on Day 5, even if no symptoms develop.
- Wash hands often.
- Clean highly touched surfaces frequently.
- Postpone all non-essential medical appointments.
- If able, separate from other people in your home, and do not let others into your home, to prevent spread of COVID-19 in case you are infected.

*A shortened quarantine period (5 Days) does not apply to those who:

- Are under the age of 2.
- Are immunocompromised.
- Live/work in correctional or detention facilities.
- Live/work in homeless shelters.
- Are on a cruise ship.



Healthcare Providers: Please contact your employer for guidance on what to do for your place of work. The information in this packet only applies to your personal life.

What happens if I live with the positive case?

If you continue to be in contact with the infection person (unable to separate), you will need to quarantine while the infected person is in isolation. After their isolation period is complete, your quarantine timeline will start. Example:

- Fred tests positive for COVID-19, and lives with Wilma. Fred and Wilma are unable to separate completely from one another, thus Wilma will continue to be in contact with Fred. Fred is in isolation from 12/20/21 through 12/25/21.
- Wilma was last in contact with Fred while he was infectious with COVID-19 on 12/25/21. Wilma is then quarantined from 12/25/21 through 12/30/21, with a total quarantine period of 12/20/21 through 12/30/21, and a tentative release date of 12/31/21.

What if I test negative for COVID-19?

You will need to finish out your full 5 day quarantine period, even if you test negative for COVID-19 during your 5 day quarantine period.

COVID-19 Symptoms

COVID-19 symptoms include, but are not limited to:

- Cough
- Shortness of Breath
- Fever/Chills
- Sore Throat
- Runny Nose
- Muscle/Body Aches
- Headache
- Diarrhea/Vomiting
- New Loss of Taste and/or New Loss of Smell

What if I develop symptoms of COVID-19?

If you develop symptoms of COVID-19, it is highly recommended for you to be tested as soon as able. You should immediately start isolating at home until you receive your test results. If you test negative, you can continue your quarantine period.

What if I develop symptoms of COVID-19, and do not get tested?

If you develop symptoms of COVID-19, and do not get tested, you should immediately start isolating at home. You must isolate at home for both your new isolation period, and your quarantine period (whichever is the later date). If you have questions on these dates, please contact the CCHD.

Thank you for helping to protect our community!



Resources

Clark County Health Department (CCHD)

- Clark County WI COVID-19
 - Phone: (715) 743-5105 (Option 9)
 - <https://www.clarkcountywi.gov/covid-19>
- Clark County WI COVID-19 Testing
 - <https://www.clarkcountywi.gov/ph-covid-19-testing>
- Clark County WI COVID-19 Vaccines
 - <https://www.clarkcountywi.gov/vaccine-information>
- Resources regarding food, shelter, etc., if it is needed during your isolation period.
 - <https://www.clarkcountywi.gov/covid-19-resources>

Wisconsin Department of Health Services (DHS)

- COVID-19 (Coronavirus Disease)
 - <https://www.dhs.wisconsin.gov/covid-19/index.htm>
- COVID-19: Language, Graphic, and Print Resources
 - <https://www.dhs.wisconsin.gov/covid-19/resources.htm>

Centers for Disease Control and Prevention (CDC)

- <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>